



Campeonato Nacional de Categorias - LC - 2023-2024
Luanda, 29 - 30/6/2024

Prova 213

Masc., 400m Estilos

11 anos e mais velhos

29/06/2024 - 16:28

Resultados

Recordes Nac Angola - 50m Open	4:23.12	Pedro Miguel Pinotes	ANG	Brazzaville (CGO)	07/09/2015
Recordes Nac Angola - 50m 18 +	4:23.12	Pedro Miguel Pinotes	ANG	Brazzaville (CGO)	07/09/2015
Recordes Nac Angola - 50m Jun	4:49.48	Pedro Miguel Pinotes	ANG	Aveiro (POR)	27/07/2007
Recordes Nac Angola - 50m Juv	4:55.71	Joao Luis Matias	ANG	Cairo (EGY)	13/08/2002
Recordes Nac Angola - 50m Inf	5:25.61	Salvador Vieira Gordo	CD1A	Plymouth (GBR)	15/05/2016

INF Inf: 8:39.18 / JUV Juv: 6:26.04 / JUN Jun: 6:10.38 / SEN 18 +: 6:12.30

Pontos: FINA 2024

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
Juvenis								
1. S. Guimaraes	13	CNIL	5:28.72	401	1:13.48	1:26.89	1:37.00	1:11.35
50m:		150m:	250m:		350m:			
100m: 1:13.48		200m: 2:40.37	300m: 4:17.37		400m: 5:28.72			
2. Oleksander Mario Zhukov	14	CD1A	5:44.07	350	1:23.04	1:26.25	1:39.52	1:15.26
50m:		150m:	250m:		350m:			
100m: 1:23.04		200m: 2:49.29	300m: 4:28.81		400m: 5:44.07			
Juniore								
1. David Alberto Padre	15	CNIL	5:21.44	429	1:06.54	1:23.90	1:42.97	1:08.03
50m:		150m:	250m:		350m:			
100m: 1:06.54		200m: 2:30.44	300m: 4:13.41		400m: 5:21.44			
2. Silverio Fernando Manuel	15	CD1A	5:38.89	366	1:18.52	1:27.52	1:37.72	1:15.13
50m:		150m:	250m:		350m:			
100m: 1:18.52		200m: 2:46.04	300m: 4:23.76		400m: 5:38.89			
3. E. Chiocola	16	CD1A	5:44.41	349	1:21.62	1:27.21	1:41.41	1:14.17
50m:		150m:	250m:		350m:			
100m: 1:21.62		200m: 2:48.83	300m: 4:30.24		400m: 5:44.41			
4. Mario Antonio Melo	16	CD1A	6:05.29	292	1:27.90	1:32.78	1:40.37	1:24.24
50m:		150m:	250m:		350m:			
100m: 1:27.90		200m: 3:00.68	300m: 4:41.05		400m: 6:05.29			
Seniores								
1. Djamel Jesus Pires	20	CD1A	5:29.46	398	1:07.21	1:31.67	1:34.83	1:15.75
50m:		150m:	250m:		350m:			
100m: 1:07.21		200m: 2:38.88	300m: 4:13.71		400m: 5:29.46			
2. Sebastiao Jose Vika	22	CBL	5:36.60	373	1:11.99	1:31.60	1:35.39	1:17.62
50m:		150m:	250m:		350m:			
100m: 1:11.99		200m: 2:43.59	300m: 4:18.98		400m: 5:36.60			
3. Luyane Danilo Costa	23	CD1A	5:42.16	355	1:11.23	1:27.62	1:43.26	1:20.05
50m:		150m:	250m:		350m:			
100m: 1:11.23		200m: 2:38.85	300m: 4:22.11		400m: 5:42.16			

